

# Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **SELF-CARE**



Today's topic, "Self-Care," includes tips on how to be good to yourself and find balance to support your physical, mental, and emotional well-being. Unlike other wellness tips we've provide where we have something for the family and kids, these tips are all about YOU. Hence the phrase "self-care." Check out these links!



[Top 10 Breathing Exercises](#)

[Relaxation Techniques for Stress Relief](#)

[The Stress Relief Bath](#)



[101 Self-Care Ideas for Moms](#)

[Working Dads Need "Me Time" Too](#)

[Tips for Remote Working Parents](#)

